

Fast Food Fat

The average person should keep their fat to less than 20 % of your total calories for the day. For a healthy 2000 Calorie Diet total fat grams should be less than 65 a day. How many fat grams are in the following foods:

Company	Food	Kind	Fat Grams	Calories
Hogi Yogi	Frozen Yogurt			
Hogi Yogi	Regular Sandwich			
Teriyaki Bowl				
Wendy's				
Wendy's				
Pizza Hut	Lg Slice Pan Pizza			
Pizza Hut	Lg Slice Thin'nCrispy Pizza			
Pizza Hut	Lg Slice Stuffed Crust Pizza			
Pizza Hut	Lg Slice Fit'nDelicious Pizza			
Arby's	Baked Potato			
Arby's	Breakfast Item			
Arby's	Large Fries or Sidekicker			
Arby's	Sandwich/Wrap/Salad			
Subway	6" Sub Sandwich			
Burger King				
Burger King				
Burger King				
KFC				
KFC				
KFC				
McDonalds				
McDonalds				
McDonalds				
McDonalds				
Taco Bell/Time				
Taco Bell/Time				
Panda Express				
Panda Express				
Panda Express				
Fazoli's				
Fazoli's				
Fazoli's				

MICROWAVE TIMER

1-Put in time: 1 Minute = 100
 12 Minutes = 1200

3-Hit TIMER
 PAUSE

4-To stop Hit Off
 CANCEL

(The Microwave Should Not RUN)

MICROWAVE TIMER

1-Press KITCHEN TIMER

2-Put in time 1 Minute = 100
 12 Minutes = 1200

3-Hit START
 TOUCH ON

4-To stop Hit STOP/CLEAR

(The Microwave Should Not RUN)

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1st

1st

2nd

2nd

4th

4th

1st

1st

2nd

2nd

4th

4th

5th

5th

6th

6th

7th

7th

5th

5th

6th

6th

7th

7th

DISH TOWELS

DISH CLOTHS

CLEANING RAGS

HOTPADS &
OVEN MITTS

APRONS APRONS

APRONS APRONS

DISH TOWELS

DISH CLOTHS

CLEANING RAGS

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&
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LAUNDRY SOAP

Watermelon	Apricots	Squash	Orange Juice
White Rice	Salad Dressing	Barley	Shortening
Pasta/Noodles	Celery	Pork Chop	Salmon
Milkshake-2	Cheese	Ham	Guacamole
Apple	Blueberries	Pumpkin	Cranberries
Carrot	Sausage	Tomato	Chocolate
Corn Tortilla	Oatmeal	Grapes	Fruit Loops
Cantaloupe	Pineapple	Banana	Peas-2
Canola Oil	Cream Cheese-2	Cashews-2	Raison Bran
Ice Cream-2	Strawberries	Almonds-2	Candy
Potato	Lime	Donut	Granola
Milk	Plums	Bacon	Radishes
Shrimp	Shred Wheat	White Rolls	Refried Beans-2
Jerky	Trout	Roast	
Mayo	Grape Nuts	Pears	Sprouts
Candy Bar	Cherries	Raisons	Applesauce
Pop	French Bread	Avocado	Bagel
Kidney Beans-2	Venison	Salsa	Baked Beans-2
Cauliflower	Kiwi	Corn Tortilla	Vegetable Oil
Chili Beans2	Scones	Potato Chips	Grapefruit
Eggs	Turkey	Flour Tortillas	Green Beans
Steak	Soybeans-2	White Bread	Pancake
Elk	Mango	Buns	Halibut
Chicken	French Fries	Pie	Jello
Yogurt	Brown Rice	Sweet Potato	Gatorade
Bran Muffin	Cottage Cheese	Frosting	Spinach
Broccoli	Popcorn	Triscuts	Waffle
Cocoa Puffs	Papaya	Lemon	Onion
Nuts-2	Corn Bread	Cake	Bran Muffin
Peanut Butter2	Whole Wheat	Pork	Marshmallows
Sour Cream	Lettuce	Wheat Thins	Beef
Peaches	Rye	Tuna	Olive Oil
Gravy	Cucumbers	Cookies	Pudding-2
Hamburger	Buckwheat	Yogurt	Sun Chips
			Cabbage

MyPYRAMID FOOD GROUPS

PUT EACH FOOD INTO THE CORRECT FOOD GROUP FROM MyPYRAMID

GRAINS Eat 3 serving of whole grains daily	VEGETABLES More dark green & orange veggies & beans	FRUITS Variety of fresh, frozen, dried, & canned	MILK Go low-fat 2 cups a day	MEAT & BEANS Protein
<u>WHOLE GRAINS</u> <u>(High Fiber)</u>	EAT VARIETY 2 1/2 cups a day	EAT VARIETY 2 cups a day		GO LEAN Bake, Broil, Grill, or Roast
Grains-Limit <u>MADE FROM</u> <u>WHITE FLOUR</u>	More Veggies...	More Friuts...	<u>OILS/FATS</u> Choose Carefully	More Proteins...

JUNK FOOD - SUGARY, HIGH FAT, HIGH SALT, AND/OR DEEP FRIED:

TASTE TEST

The average person should keep his/her fat to less than 20 % of total calories for the day. For a healthy 2000 Calorie Diet, total fat grams should be less than 65g a day. It is recommended to get at least 25-30g of fiber a day. Sodium/Salt should be less than 2,400mg a day.

#	Brand and Food Name	Serving Size	Fat Grams	Calories	DV Sodium	Fiber	Cost of Bag	Size of Bag	Like?

What did you learn that could help you improve your diet? _____
